

# Indianapolis INDOOR Pool Schedules

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
		Apr 5 Building 6am-3pm			Apr 6 Building CLOSED				
Regenstrief Competition Pool	6-8 am Lap Swim (6)	6-7 am Lap Swim (6)	6-8 am Lap Swim (6)	6-7 am Lap Swim (6)	6-8 am Lap Swim (6)	7 am-9:30 am Lap Swim (6)	7-9 am Lap Swim (6)		
	Deep Water HIIT 8-9 am Lap Swim (3)	7-9 am Aqua Jog Lap Swim (3)	Deep Water HIIT 8-9 am Lap Swim (3)	7-9 am Aqua Jog Lap Swim (3)	8-9 am Deep Water HIIT Lap Swim (3)	9:30-10:30 am BOQUA Lap Swim (3)			
	9-10:15 am Swim Team (4) Open Swim No Lap Swim	9-10:15 am Swim Team (4) Open Swim No Lap Swim	9-10:15 am Swim Team (4) Open Swim No Lap Swim	9-10:15 am Swim Team (4) Open Swim No Lap Swim	9-10:15 am Swim Team (4) Open Swim No Lap Swim	9-10 am BOQUA Lap Swim (3)	10:30 am-11:20 am Open Swim Lap Swim (4)	9 am-12:40 pm Open Swim \$ Swim Lessons Lap Swim (2)	
	10:15 am-1 pm Open Swim Lap Swim (4)	10:15-11 am Open Swim Lap Swim (4)	10:15 am-1 pm Open Swim Lap Swim (4)	10:15-11 am Open Swim Lap Swim (4)	10:15-11 am Open Swim Lap Swim (4)	10 am-1 pm Open Swim Lap Swim (4)	11:20-11:50 am \$ Swim Lessons Lap Swim (2)		
	1-2 pm Aqua Jog Lap Swim (3)	11 am-Noon BOQUA Lap Swim (3)	1-2 pm Aqua Jog Lap Swim (3)	11-11:45 am Aqua Zumba Lap Swim (3)	1-2 pm Aqua Jog Lap Swim (3)	11:50 am-5:45 pm Open Swim Lap Swim (4)		12:40-5:45 pm Open Swim Lap Swim (4)	
	2-5 pm Open Swim Lap Swim (4) <i>Apr 3 SOD 2-4pm No Open Swim</i>	Noon-4:15 pm Open Swim Lap Swim (4) <i>Apr 4 SOD 2-4pm No Open Swim</i>	2-3 pm CLOSED For deep clean		11:45 am-2 pm Open Swim Lap Swim (4) <i>No Open Swim 2-4pm</i>				
	5-6 pm Open Swim  Lap Swim (3)	4:15-5 pm \$ JCC Swim Team Lap Swim (2)	4:45-5:15pm \$ Swim Lessons Lap Swim (3)	5-6 pm Open Swim (Shallow only) Indy Synchro Lap Swim (3)		4-5:45 pm Open Swim Lap Swim (4)	<p>For alerts on pool changes, please download the JCC app: <a href="https://www.jccindy.org/indy-j-app">JCCindy.org/indy-j-app</a></p> <p>We also offer an eBlast with News specifically about JCC pools. Subscribe at <a href="https://www.jccindy.org/subscribe">JCCindy.org/subscribe</a></p> <p>More info about aquatics programs at <a href="https://www.jccindy.org/adult-aquatics">JCCindy.org/adult-aquatics</a></p> <p style="color: red;">This schedule is subject to change without notice.</p> <p>Number in ( ) parentheses is the number of lap lanes available</p>		
	6-7 pm BOQUA Lap Swim (3)	5-6:30 pm Open Swim (Shallow only) Indy Synchro (Deep) Lap Swim (3)	6-7 pm Hi-Low Aqua Lap Swim (3)	6-7 pm BOQUA Indy Synchro Lap Swim (3)					
	7-7:45 pm Open Swim Lap Swim (3)	6:30-7:45 pm Indy Synchro NO Open Swim Lap Swim (2)	7-7:45 pm Open Swim Lap Swim (3)	7-7:45 pm Indy Synchro NO Open Swim Lap Swim (2)					
Backer Therapy Pool	9:45-10:45 am \$ Aquajoints	9:45-10:45 am \$ Aquajoints	9:45-10:45 am \$ Aquajoints	9:45-10:45 am \$ Aquajoints	9:15-11:35 am \$ ECE Lessons	8:30-9:30 am Ai Chi			
	10:45-11:45 am \$ Fit Joints Plus	10:45-11:45 am \$ Fit Joints Plus	10:45-11:45 am \$ Fit Joints Plus	10:45-11:45 am \$ Fit Joints Plus					
	1:45-3 pm \$ Aqua Mobility	12:20-1:10 pm \$ ECE Lessons	noon-1pm Ai Chi						Noon-1 pm \$ Fit Joints Plus
	6-7 pm Ai Chi								Noon-2 pm \$\$ Available for Rental
	7-7:45 pm \$ ALTS								